

Thrive

NEWS FOR UK STAFF & FACULTY

A UK Human Resources Publication

Thrive - News for UK Staff & Faculty | No. 26

November 2011

Dear Colleague,

This month's issue of *Thrive* features some important and timely news, including these highlights:

- Details on the [2011 UK Work-Life Supervisor of the Year Award](#), including this year's winner and all other nominees. Congratulations to all!
- Our [Human Resources office schedule during the upcoming holidays](#).
- New Technology Training classes - by request - featuring [Photoshop and Dreamweaver](#).

Please take a few minutes to read more about these and other great offerings and announcements. Finally, best wishes to you and your family over the upcoming Thanksgiving holiday.



Kim Wilson
Chief Human Resources Officer
UK Human Resources

Features

Attention UK Health Plan Members*

As of January 1, 2012, Walgreen's pharmacies will no longer accept UK prescription coverage, which is provided through Express Scripts. Please note: You will continue to enjoy coverage at virtually all other retail pharmacies across Kentucky and across the U.S. [Visit this page](#) for details.

**(UK-HMO, UK-RHP, UK-PPO, UK-EPO, UK Indemnity and UK Medicare Carveout)*

Kentucky Clinic Site of New Designated Lactation Space on Campus

In This Issue

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[Events: Spirituality and Health](#)

Financial Tip of the Month

What do financial advisors consider as the key element to investment decisions? Time. The length of time allows for compound annual growth, should determine your asset allocation and allows you to weather volatility over longer periods.

A Free Consultation Can Help You Make The Most of Your Retirement Savings

A TIAA-CREF or Fidelity advisor can help you determine your appropriate asset allocation according to your tolerance for risk and

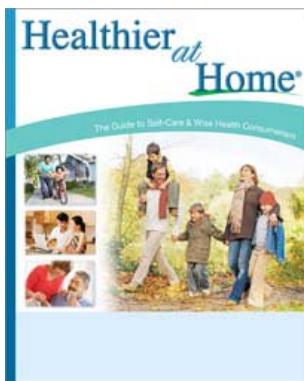


UK Work-Life is pleased to announce the opening of a new designated lactation space on campus. This new space, located in the basement of the Kentucky Clinic, is the third designated lactation space that UK offers, along with rooms in Patterson Office Tower and the Chandler

Hospital. To learn more about the new Kentucky Clinic space, call 257-9805. For more information on UK's lactation guidelines, tips on finding a space, and employee success stories, [visit the website](#).

Improve Your "Health IQ" and Get a

Free Book!



Do you know how to treat common ailments at home? Do you know when it is appropriate to call the doctor and when to seek emergency treatment? The "Healthier at Home" book can help you become a wise health consumer. It is the most comprehensive self-care book available, and it can be yours for free. All you have to do is view a 10-minute video, take a brief quiz, and we'll send you a book.

That's it! Only UK employees, retirees, and their spouses are eligible. Only one book per person. Quantities are limited. [Click here](#) to get your free book while supplies last.

HR Office Holiday Schedule

HR offices in Scovell Hall as well as our HR Satellite office on South Limestone Street will be closed on Thanksgiving Day, the Friday after Thanksgiving, Christmas Day and New Year's Day. Both Scovell Hall and the HR Satellite office will be minimally staffed during the bonus days between December 27th and December 30th, 2011 from 8:00 a.m. to 4:30 p.m. If you need assistance during the bonus days, please contact Human Resources at 257-9555.

Staff Laptop Loan Program

Enrolled in classes for the Spring 2012 semester? Do you need a reliable laptop? If you answered yes to these questions, you may be eligible to participate in the Staff Laptop Loan Program! Laptops are available to loan to eligible UK employees for the Spring 2012 semester. For complete information, including the eligibility criteria and an application, please [visit the website](#).

Supervisor of the Year Awards

time horizon. So be sure to utilize this free service by scheduling an appointment with an advisor. [Click here for dates, locations and appointment details](#).

Resource Toolbox

[Make the Difference myUK](#)
[UK Benefits](#)
[UK Career Development](#)
(Free Career Counseling Program)
[UK Elder Care](#)
[UK Employee Discount Program](#)
[UK Employee & Family Education Programs](#)
[UK Employee Relations](#)
[UK Health & Wellness](#)
[UK HealthCare](#)
[UK Parking & Transportation Services](#)
[UK REFER \(Employee Assistance Program\)](#)
[UK Training & Development](#)
[UK VIP Center](#)
[UK Wildcat Wheels Bike Library](#)
[UK Work-Life](#)
[UK Work+Life Connections](#)
(Free Personal Counseling Program)

About Thrive

Thrive is a monthly e-mail newsletter developed by UK Human Resources.

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Luncheon Honors over 70 nominees

The 2011 Work-Life Supervisor of the Year Awards Luncheon took place on October 26; over 70 nominees were recognized, along with four finalists and this year's winner, J. David Hardison, director of the Enterprise Applications Group. For more information on this year's winner, finalists, and nominees, [visit the website](#).

Spotlight

Retirement Counseling Sessions for UK Employees

One-on-one retirement consultations are available with TIAA-CREF and/or Fidelity on the dates and locations listed below. This is a free service provided to UK employees.

You can schedule an appointment with a **TIAA-CREF** Advisor by calling 800-732-8353 or [visit the website](#) for the following dates and locations:*

- November 30 - Nursing Building, room 419
- December 8 - Nursing Building, room 419
- December 15 - Medical Center, room MN 542

**TIAA-CREF also has a local office at 2365 Harrodsburg Rd, Lexington, KY 40504 and counseling sessions are available by appointment (224-6900) at this off-campus location.*

A **Fidelity** Advisor is available on the University's campus at the following dates and locations. To reserve a time and date with Roger Trapp, call 800-642-7131 or [visit the website](#) :

- November 21- Student Center, room 205
- November 22 - Nursing Building, room 214
- December 5 - Student Center, room 205
- December 6 - Medical Center, room MN 542
- December 12 - Nursing Building, room 419
- December 19 - Student Center, room 205

Don't miss out on this great opportunity!

UK Career Development Introduces Free Pongo Resume Service

Pongo Resume is a new and exciting way to spice up your resume. This online tool will give you tips on your current resume, or walk you through your very first resume. Sign up for a free, six-month trial period courtesy of Career Development. For more information about what Pongo Resume and Career Development have to offer your career, [visit this page](#).

New Technology Training Workshops: Dreamweaver and Photoshop

Even though we have been busy instructing our regular roster of technology training courses, we have still found the time to develop new courses in areas you requested! Our [Dreamweaver CS5: Designing with CSS course](#) and [PhotoShop CS5: Marketing Material Design course](#) will

both fill-up quickly. Don't miss your opportunity, [register today!](#)

Events

FREE Health Smart Conversation: Spirituality and Health

Spirituality is an important source of strength and an excellent coping resource. Learn about the role of spirituality in physical and mental health and well-being, and how to focus on enhancing positive, healthy living. Join us for "Spirituality and Health," presented by Dr. Tamara Brown, **Thurs., Dec. 8, 12:10-12:50 p.m., Hospital Pavilion A, Room A.00.123. (MAP)** **FREE. [Register now.](#)**

FREE Fall Lunch & Learn: Healthy Meal Planning

Please join us for this FREE lunch-time session geared toward keeping you healthy and well at work and at home. Feel free to bring your lunch. Join us for "Healthy Meal Planning," **Weds., Nov. 30, from 12:10-12:50 p.m., 127 Wethington (Commons).** Learn how meal planning can help you make healthier choices and get strategies for making meal planning work for you. **[Register now.](#)**

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